

# Lunch with Nurse Steve:



## Is Laughter the Best Medicine?

Thursday, December 14, Noon

"Always laugh  
when you can.



It's cheap  
medicine."  
-Lord Byron

Nurse Steve's talk will be  
"a discussion on laughter as  
medicine."

Sign-up by Wednesday, December 6  
\$4.68 (Regular meal cost)

**Menu:** Tomato Soup, Chicken Sandwich, Pepper Slaw, Apples, Dessert

### Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

FREDERICK COUNTY  
Department  
of Aging

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